



Robert E. Bush  
Naval Hospital

## Did you know?...

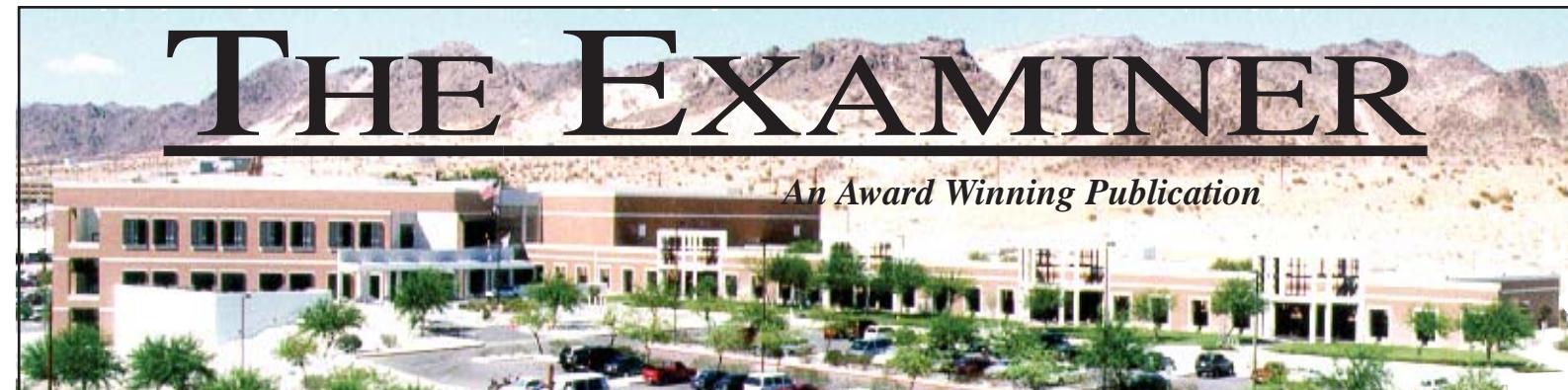
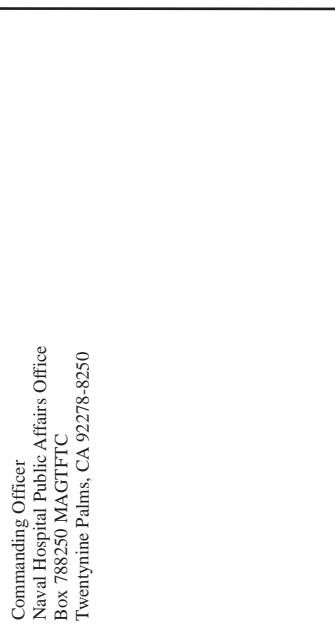
You have the right to express your concerns about patient safety and quality of care. There are several avenues open to you:

- \* Through the ICE website.
- \* The Hospital Customer Relations Officer at 760-830-2475, or any of the Customer Relations representatives in the Hospital clinics, or directly to the Joint Commission via: E-mail at [complaint@jointcommission.org](mailto:complaint@jointcommission.org) Fax: 630-792-5636

The Joint Commission  
Oak Renaissance Boulevard  
Oakbrook Terrace, IL 60181

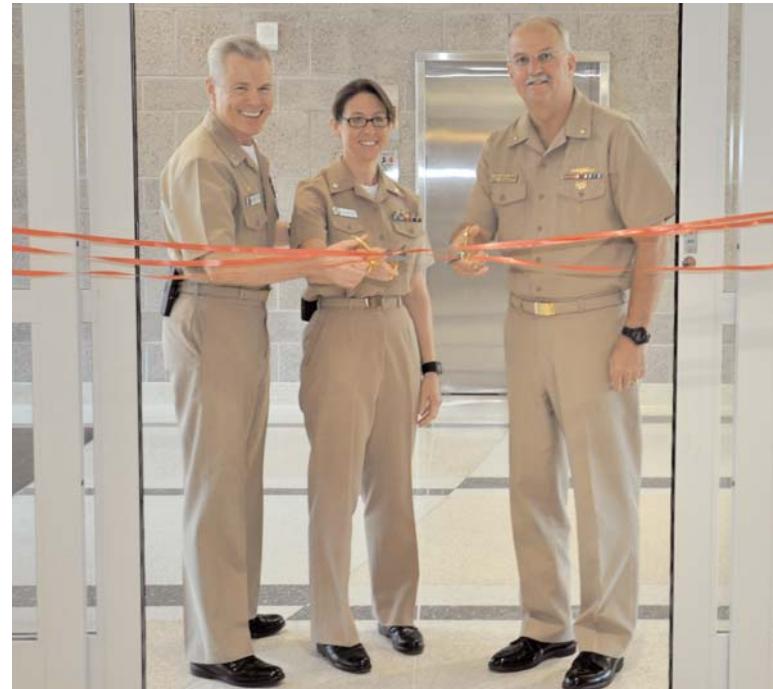
To report Fraud, Waste and Abuse contact one of the below offices by calling:

Naval Hospital: 760-830-2344  
Combat Center: 760-830-7749  
NavMedWest: 1-877-479-3832  
Medical IG: 1-800-637-6175  
DoD IG: 1-800-424-9098



<http://www.med.navy.mil/sites/nhttp/pages/default.aspx>

## Navy Medicine West Cuts Ribbon for New AMCC



*L-R: Naval Hospital Twentynine Palms Commanding Officer, Capt. John A. Lamberton, Branch Health Clinics Director, Cmdr. Rebecca Navarrete, Navy Medicine West Commander, Rear Adm. Bruce L. Gillingham, officially open new AMCC.*

### Sign-Up for Med Home Delivery

Having your prescriptions delivered to your mailbox saves time and money. TRICARE Pharmacy Home Delivery provides safe, affordable and effective medications to Department of Defense beneficiaries. The program is cost effective and convenient and offers free standard shipping and free formulary generic medications for beneficiaries. Up to a 90-day supply of maintenance medications are delivered to beneficiaries' home addresses or an address of their choice. Automatic refill reminders are delivered by email. If beneficiaries are away from their home address for an extended period, medications can be delivered to a temporary address. Medications are delivered

in a plain, secure, weather-resistant pouch. Beneficiaries may access a pharmacist 24 hours a day, seven days a week, with private specialized pharmacist communications as needed. Innovative technology keeps shipped medications cool even on the hottest summer days. Sign up online at [express-scripts.com/TRICARE](http://express-scripts.com/TRICARE), or download the Express Scripts App on a mobile phone; or, call Express Scripts at (800) 363-1303 (U.S.), or (866) 275-4732 (overseas). Your provider can fax your new prescription to Express Scripts at (877) 895-1900 (U.S.), or (602) 586-3911 (overseas). You can also mail your prescription to: Express Scripts, P.O. Box 52150, Phoenix, AZ 85072-9954.

*By Dave Marks, NHTP Public Affairs Officer*

A ribbon-cutting ceremony celebrating the official opening of the new Adult Medical Care Clinic was held July 29 in the new facility's reception area. Navy Medicine West Commander, Rear Adm. Bruce L. Gillingham, stood side by side with Naval Hospital Twentynine Palms Commanding Officer, Capt. John A. Lamberton and the Director of NHTP Branch Health Clinics, Cmdr. Rebecca Navarrete, to officially open the new Medical Home Port for Marines and Sailors. The new clinic replaces the old building, a former dental clinic that dates back to when the Marine Corps Base was established in 1952.

The new \$21 million, 45,000 sq.

aid stations, which previously had been attached to individual units, and allows patients to access Audiology, Deployment Health, Immunology, Laboratory, Mental Health, Pharmacy, Physical Therapy, Primary Care, Radiology and a Traumatic Brain Injury Clinic under one roof. Previously, Behavioral Health was housed in a relocatable trailer. And if a patient in the old facility required an x-ray, he or she would have had to travel to the main hospital; whereas in the new facility, the patient goes to the in-house Radiology Department.

"The long anticipated move into the new building is exciting as we now offer more services in



*Naval Hospital Twentynine Palms Commanding Officer, Capt. John A. Lamberton, welcomes guests to the grand opening of the new AMCC.*

ft. facility delivers high-quality healthcare to both garrison Marines and active-duty service members on board the Combat Center.

The new AMCC/Medical Home Port consolidates the battalion

one location for our Marines. The Marine Centered Medical Home provides improved access to care, convenience to ancillary services and decreased wait

*Continued on Page 7; please see New AMCC*

# Sailor in the Spotlight

## HM1 Joshua Lukacovic



**HM1 Joshua Lukacovic**

Hospital Corpsman First Class Joshua Lukacovic was selected for Senior Sailor of the Quarter, Third Quarter, Fiscal Year 2016, and thus, is our *Sailor in the Spotlight*.

HM1 Lukacovic is Senior Enlisted Leader for the Directorate for Nursing Services. He's been assigned to Robert E. Bush Naval Hospital for about 18 months. "I try to take part in as many command programs as I can," Lukacovic said. He likes to be a visible presence in the hospital and is always ready to greet in-coming personnel or lend a hand. If joining is succeeding, Luk-

covic is well on his way to success. He's a member of the Process-Improvement Strategic Goal Group; he's assistant urinalysis coordinator; he's on both the Command Training Team and the Command Assessment Team; he was on the Corpsman Ball Committee and is now on the Navy Ball Committee; he's active on the Diversity Committee and is unofficial boat-team leader for CPO 365. Plus, he's the public affairs officer the First-Class Petty Officers Association.

HM1 Lukacovic has been in the Navy 13 years. Hometown is St. Augustine, Florida. He lives in Yucca Valley with his wife, Jennifer, and their four children.

His advice for Sailors who want to excel: Study and prepare. "You control your evaluation by the information you put on your brag sheet." He stresses discipline in preparing for exams. He strongly recommends community involvement. "Joining committees and groups and the networking that results really raises your profile," Lukacovic said.

In five years, Lukacovic said he hopes to be wearing Chief's khakis. He is interested in a second career in law enforcement after he retires from the Navy.



**Cmdr. Suzette Inzerillo is awarded the Meritorious Service Medal for outstanding meritorious service as Director for NHTP Healthcare Business from July 2013 to July 2016. Cmdr. Inzerillo is now assigned to Naval Support Activity, Naples.**



**The command table honorable personages arrive in style for the Naval Hospital Twentynine Palms Ward-Room Dining Out July 16 at the Marine Corps Air Ground Combat Center Officer's Club. Lt. Cmdr. Nathaniel Rial reprised his role as Mr. Vice and as such, was the master of ceremonies and principal administrator of justice for uniform violations and other insults to good order and discipline. (Photo by Lt. j.g. Qianning Zhang)**

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Capt. Jeffrey W. Bitterman, MC, USN

### Command Master Chief

HMCM (SW/AW/FMF) Jerry Ramey, USN

### Public Affairs Officer/Editor

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The Examiner welcomes your comments and suggestions concerning the publication. Deadline for submission of articles is the 15th of each month for the following month's edition. Any format is welcome, however, the preferred method of submission is by e-mail or by computer disk.

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**HMCS (FMF) Kevin Bittinger is piped ashore and into retirement after 26 years of tending to Marines and Sailors during a retirement ceremony July 22. Fair Winds and Following Seas, Doc! "Shipmate, stand relieved...we have the watch."**

# Preventive Medicine Corner

Submit Questions/Concerns and Tanya Will Provide Answers



**Tanya Stuckey**

Dear Tanya,  
My neighbor and I have been talking lately about how hard it can be to adjust to the military lifestyle. She told me that she was diagnosed with anxiety and has been on medication for a while. The more she shares with

me, the more concerned I am about how often she needs her medication. I have experienced some stress with moves and adjusting to new environments, but I have noticed that she seems to rely on it more than trying to deal with the problems she faces. How can I help her see she may have a problem?

Signed,  
--Worried

Dear Worried,  
Thank you for taking the time to listen and validate your neighbor's stress of adapting to a new lifestyle. It is harder for some than others to adjust to the new routines, climate and overall culture change. You may start off by sharing your sincere concern for her health and well being. This is not an easy conversation to initiate and there is always the risk of being ignored

or receiving a defensive response. Also understand that you cannot force someone to seek help nor can you diagnose misuse, abuse or dependence. This is best left for the professionals. You can suggest that she talk with her medical provider about alternate or supplemental strategies to help her adjust to the changes that she is struggling with. There is also an Internal Behavioral Health Consultant that is part of the primary care team that can assist with tips, strategies and additional resources.

Again, thank you for being a good neighbor and friend. This is how we extend the brother/sisterhood that exists among our military families and communities!

--Tanya

## Better Sleep Leads to a More Productive Day

How well you sleep at night impacts your waking hours. Better sleep increases your ability to fight off disease; and it improves mood. Here are some tips on how to get a good night's sleep that will leave you refreshed and less stressed.

1. Cut out afternoon caffeine- it can take hours for the effects to subside and for your body to calm.  
2. No electronics before bed. Blue light signals your internal clock that it is time to wake. Keep it out of your darkened room. If you must have a clock, cell phone or computer nearby, keep the screen turned away or

the backlighting turned off.

3. Keep your room cooler (65-68) and your body warm (relax with a warm shower to allow your body to prepare for rest).

4. Keep a schedule. Go to bed and get up around the same time every day to create a routine. You will adjust within a few weeks and find it easier to fall asleep, stay asleep and wake on time.

5. No exercise just before bed. Although strenuous activity may make you feel like collapsing and falling into a deep slumber, you have actually increased your heart rate, adrenaline and warmed your core temperature to levels that take a while to recover. You may feel tired; but

your body is not ready to sleep.

6. If daytime worries follow you into your dreams, write them down. Keep a list of things you have to get done and what's on your mind by your bedside. Once you've written it down, let it go and rest assured, it will be waiting for you in the morning!

After a night of restful sleep, you will be ready to face your new day and lists with renewed perspective, energy and vigor.

If you continue to have difficulty falling asleep after trying these tips, consult your primary care team. Additional resources are available from NHTP Health Promotions in Clinic C, or call (760) 830-2814.

## Mammography Is Now Available at NHTP

By Shannel Mathews, NHTP  
Breast-Care Coordinator

Yes, you read the headline correctly! Naval Hospital Twentynine Palms is now open for Screening Mammograms.

Contact your Primary Care Manager (PCM) or the Breast Health Nurse to get your order placed into the system. Once that has been taken care of please call the Radiology Department at (760) 830-2155/2652 or stop by to schedule your appointment; or request a consult through RelayHealth.



ongoing regimen with an outside facility please continue to utilize their services for continuity of care. In order to facilitate your health care needs please fill out form DD2870 (Release of Medical Information Form) which can be obtained on line, or stopping by the front desk of Blue/Gold team or Radiology Department. Once you have completed the form please return to the Radiology Department so that we can expedite the process and get you scheduled for your mammogram. NHTP Radiology Department has worked hard to provide this exceptional care to the beneficiaries of MCAGCC Twentynine Palms and we thank you for taking part in this operation!

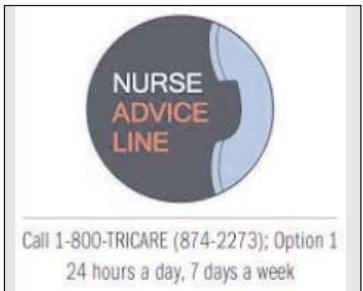
For patients with current breast issues/concerns, please FIRST see your PCM for evaluation. If you are a patient with a history of breast cancer or have an



**Capt. John A. Lamberton (center) stands with Sea Star Award recipients following a July 20 ceremony. L-R: Lt. Cmdr. Michael Vanmanen, CS3 Norman Brittlebank, HM3 Gustavo Dominguez-Drejo, HM3 John Macpherson. The Sea Star Award recognizes superior customer service.**

## Awardees...

The following awards were presented during the First Friday Award Ceremony, July 1, 2016. Hospital Commanding Officer, Capt. John A. Lamberton, was the presenting officer.





Hospitalman Michael Deleon is presented with a Patient Safety Award.



Hospitalman Colby Duchesne is awarded a Navy and Marine Corps Achievement Medal.



Hospitalman Julio Garcia is presented with a Flag Letter of Commendation upon his selection as NHTP Blue Jacket of the Quarter.



Dr. Jason Ulaner is presented with a Patient Safety Award.



Lt. Cmdr. Philip Sherrick is awarded the Navy and Marine Corps Commendation Medal.



Hospitalman Christopher Sanchez is awarded the Navy and Marine Corps Achievement Medal.

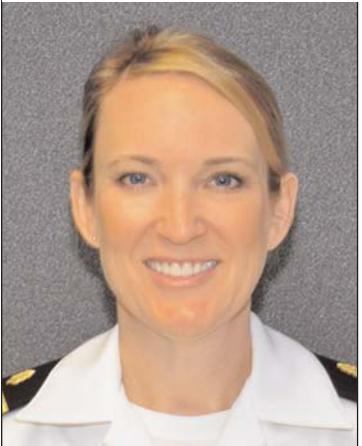


Hospital Corpsman Second Class Aaron Sheppard is awarded the Navy and Marine Corps Commendation Medal.



Hospital Corpsman Second Class Aaron Sheppard is awarded the Navy and Marine Corps Commendation Medal.

# Introducing New Staff -- Welcome Aboard!



**Lt. Jennifer Lynd**

Lt. Jennifer Lynd arrived from Naval Hospital San Diego where she was the Division Officer for the Orthopedics Team in the main operating room. At NHTP, she will be a staff nurse in the main OR. She's been in the Navy 23 years and started out as a Yeoman, a position she held for four years. She then crossed over and became a Corpsman for about seven years. Lynd applied for and was accepted into the Medical Enlisted Commissioning Program. She wanted to become an officer "because I was already working as a nurse. The Navy was my career and I wanted to see how far I could go," she said. Lynd is here with her daughter, Rylee, who will enter the 4th grade this school year. They are waiting for base housing. Hobbies include golf, reading (mysteries and romance), movies, and horses. Lynd said she was excited to receive orders that allowed her to remain in California "but I didn't realize it would be this hot," she said.



**Capt. Anthony Arita**

Clinical Neuropsychologist Capt. Anthony Arita recently arrived from the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury, Defense Health Agency, Silver Spring, Maryland. He was the Director for the Deployment Health Clinical Center. Capt. Arita's hometown is Huntington Beach, California. This is his first visit to the high desert and he finds it, "a little warm," although it fits his goal of finding an assignment out west. He's happy to be within three hours of the beach. Wife, Karen, is a clinical social worker in a new position with NCIS on base. Their daughter, 21, and son, 18, will both be attending college in the fall. Hobbies include "outdoor kinds of things." Arita says he looks forward to exploring Joshua Tree. He also enjoys tennis and photography. "I also enjoy time at the range," he said and looks forward to meeting others who would also like to shoot. They've found a house in Yucca Valley.



**Lt. Cmdr. Mark Lund**

Lt. Cmdr. Mark Lund arrived from Naval Health Clinic Cherry Point where he was a family practice provider and department head for the past three and a half years. He's been in the Navy 12 years. Lt. Cmdr. Lund is from Prince of Wales Island, Alaska. As a youth, he admired Navy jets landing on aircraft carriers in the Alaskan waters which motivated him to seek a Navy career. "At this point, I've never been on an aircraft carrier, but I've enjoyed my time with the Marines," he said. Lund served as battalion surgeon with the 2nd Battalion, 7th Marines, here on MCAGCC from 2005-2007, and deployed twice. He and his wife, Rachel, who is from Carlsbad, California, are happy to be back on the West Coast. Rachel is a physician's assistant but now works as a stay-at-home mom. They have two boys and a girl, ages, one, three and five. The Lund family plans to live on base. Hobbies include bicycle riding, and "being outside and playing with the kids."



**HM3 Alexandria Agudelo**

HM3 Alexandria Agudelo arrived from Fort Belvoir Community Hospital, Virginia, where she worked in the Behavioral Health Clinic. "It was great," she said. "We dealt with all services and all types of people as we tried to recognize what was going on and what best approach to make." Agudelo likes a fast-paced environment and hopes for an assignment in the Emergency Department or the operating room. She's here with her husband, HM3 Matthew Agudelo, assigned to 3d Battalion, 4th Marines. The couple drove cross country to get here and are expecting their first child, a boy, in December. Agudelo was a JROTC student in high school. "Every male in my family served in the military," Agudelo said. "And I wanted to be the first girl." She's been in two and a half years. "I love the Navy," she said. "It's a lot of fun; it's an adventure; and you never know what to expect the next day." Hobbies include hiking, crossfit and movies.



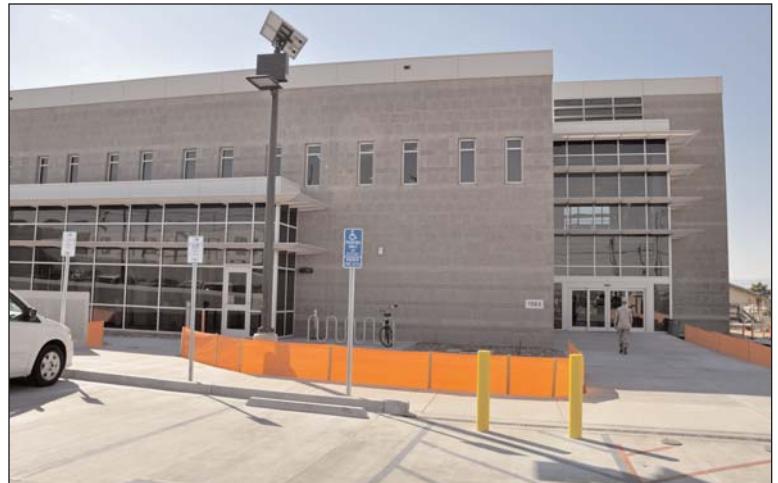
**Lt. j.g. Matthew Ridgway**

This is Lt. j.g. Matthew Ridgway's first U.S. Navy duty station. An experience operating-room nurse, he spent about a year navigating the direct accession program and arrived here from Officer Development School, Newport, Rhode Island. Hometown is Ambler, Pennsylvania. He earned his undergraduate degree from Penn State and his nursing degree from DeSales University near Allentown, Pennsylvania. He then worked in Phoenix for about three years before deciding to become a Navy nurse. He enjoys the operating room; however, his goal is to become a nurse practitioner through the Uniformed Services University of the Health Sciences. His fiance lives in Phoenix and is working on her nursing degree. Hobbies include golfing, hiking and basketball. Ridgway has found a place to live in Twentynine Palms, but may move into base housing after the couple gets married next year. He's looking forward to an overseas assignment, hopefully Italy, Spain or Japan.

times," said the Director of Branch Clinics, Cmdr. Rebecca Navarrete.

Hospitalman Jordan Thomas has been screening patients at the front desk of the old AMCC for almost two years and appreciates her improved working conditions. "The new facility is wonderful," Thomas said. It's a lot better for both patient care and the Corpsmen who render care. Everyone is thrilled we have a lot more space. Both patients and Corpsmen appreciate having greater privacy. It's just a good place to be," Thomas said.

Theresa Partin, Pharmacy Technician, likened her old work space to working out of a closet. "The new pharmacy is wonderful," she said. It's nice



Exterior view of the new Adult Medical Care Clinic/Marine Centered Medical Home Port. The Physical Therapy Department is located in the glass-enclosed space to the left.

## Physical Therapy Clinic Now Open for Dependents

The motivated Physical Therapy Clinic and staff have opened the clinic to both active-duty service members AND their dependents. For your musculoskeletal problems and needs, please ask your medical provider for a consult to Naval Hospital Physical Therapy.



and roomy. With the new ScriptPro machine that counts my meds, I save time, which benefits the patients." Partin has already received a few comment cards and all have been positive. "They like the new building. It's nice and roomy and they like the lounge area with more seating."

The new Physical Therapy Department, located on the ground floor, feels open and airy due to the glass northern-facing wall allowing in ambient light. "It just gives you a warmer feeling," said Hospital Corpsman Second Class Benjamin Clark, Physical Therapy Technician. "The space is much more open and all of the equipment is new. All of the patients love it. With the open space, whoever is closest can help, which makes for better patient care."

# Branch Health Clinic News and Events



Capt. Niemeyer is awarded the Navy and Marine Corps Commendation Medal.



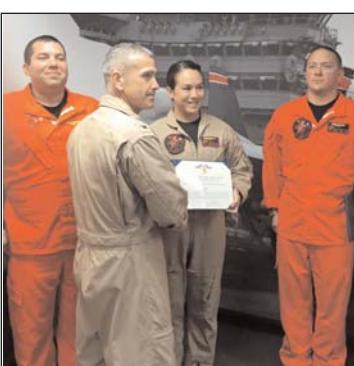
Lt. deGues is awarded the Navy and Marine Corps Commendation Medal.



P.O. Suzuki departs to be Preventive Medicine Technician on the USNS Lewis B. Puller in Norfolk, Virginia.



HN Recinos is awarded the Navy and Marine Corps Achievement Medal before departing for Field Medical Training Battalion West. Upon completion he will be attached to 1st Marine Division, Camp Pendleton.



HN Stephanie Higgins is awarded the Navy and Marine Corps Achievement Medal in the VX-31 ready room for her involvement in the life-saving rescue of an overturned vehicle on Hwy 179.



## DEFY Campers Return Home Energized

By Hospitalman Dennis Hyman

A small sea of happy faces, glad to be home but regretful their meaningful experience had ended, could be seen from the lush meadows of Palomar to the high desert of Twentynine Palms as Drug Education for Youth (DEFY) returned home from summer camp. Camp Pendleton joined Twentynine Palms in hosting a week-long enriching and exciting camp for military youth. Serene hikes on area trails and swimming-pool festivities during the day, chocolatey s'mores melting over campfires and karaoke with dancing by night, left students feeling blissful and with renewed energy. To elevate their experience, DEFY facilitated drug-free themed activities and classes on drug resistance, culture, community service, self-esteem, and personal health. The students were empowered to make change in their communities upon the completion of camp, fulfilling the DEFY vision. As the happy campers arrived home, new role models with increased self-confidence, they came off the bus and back into their communities. For information on how to join DEFY see HM1 Carolyn Teofilo in the Career Counselor's Office.

Front row L-R: HM1 Carolyn Teofilo, HM1 Raul Cervantes, HN Carlie Buddemyer, HN Dennis Hyman and HM1 Diana Mejia pose with the DEFY kids during week-long summer camp.

